



Notes From The Nurse...



Friday, Jan 20, 2023

Happy New Year! Hard to believe it is already almost February...

You may have been watching, but if not you likely heard and have been following the progress of Buffalo Bills safety Damar Hamlin following his collapse and subsequent cardiac arrest on the field after making a tackle on Monday Night Football January 2nd. Medical professionals on the field were able to restart Hamlin's heart while administering CPR and using an automated external defibrillator (AED). Such an occurrence can happen anywhere and to anyone, which is why each Perry School building has at least one AED and has staff trained in its use as well as CPR, with additional staff training in the coming weeks.

See www.redcross.org/ if interested in CPR/AED training.

Reminders:

- Any child who vomits, has diarrhea, or has a fever of 100.4 or higher, should not attend school until they are fever-free (without the use of fever-reducing medicine) and/or have not vomited or had diarrhea for a full 24 hours.
- Following is a link to the CDC Frequently Asked Influenza Questions: <https://www.cdc.gov/flu/season/faq-flu-season-2022-2023.htm>
- For anyone interested in getting the seasonal flu vaccine, one option is to stop by any Rite Aid pharmacy or you can schedule and complete the paperwork at www.riteaid.com, or contact your primary care physician.
- Please continue to encourage your child to cover their coughs and sneezes and to wash their hands often with soap and water or sanitizer.

Riddle: Why did the banana go to the nurse's office? Please ask your child to QUIETLY give me their best answer.

Thank you very much, feel free to contact me with any questions or concerns.

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